

# *Quick Start Guide*

# Turmeric



How to Use It for Mind, Body & Spirit

GreenMedInfo

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# *Health Benefits of Turmeric*

Why add turmeric into your diet? Research has shown that turmeric and curcumin have a variety of proven medicinal benefits.



- Boosts Immune System
- Fights Against Cancer
- Helps Prevents Alzheimer's
- Reduces Stress
- Anti-Depressant
- Anti-inflammatory
- Decreases Risk of Heart Disease
- Antioxidant
- Age Reversing

# *The Roots of Turmeric*

“Turmeric is an embodiment of intelligence.” - Sayer Ji

Although it grows in many tropical locations, the majority of turmeric is grown in India, where it is used as a main ingredient in curry. It has been used medicinally and as a culinary ingredient in India for over 5,000 years.



# *Turmeric & Curcumin*

What is the relationship between turmeric and curcumin?

- Turmeric is a spice from the root of the *Curcuma longa* plant.
- Turmeric contains curcumin, a substance with over 100 pharmacological actions, including powerful antioxidant and anti-inflammatory properties.
- Curcumin makes up approximately 2-5% of the dried weight in turmeric.
- For a more potent dose, curcumin can be taken directly. Look for 95% concentration.
- For best absorption it's important to take turmeric or curcumin with black pepper, or for it to be combined with fats and/or lecithin.



# The Most Common Forms of Turmeric

Turmeric can be used in a variety of forms both internally and externally. You can buy it in root form, powder, as a supplement or as a lotion to be used on the face and skin.



# Daily Dosage of Turmeric

How much turmeric should you consume to retain the health benefits? Here are a few helpful tips to get you started.

- Sayer uses 1/2 - 1.5 teaspoons per day of the dried root powder, certified organic.
- A typical dose of supplemental curcumin is about 250mg per day, and often increased when dealing with a condition.
- Many find benefit to taking 400-600 mg of turmeric extract in pill form up to three times a day or as suggested by the label.
- Look for a supplement that is paired with black pepper to aid in absorption, or add black pepper with turmeric in culinary use.
- Try and get a product standardized for 95% curcuminoids. For enhanced absorption find one that is also phospholipid-bound or lecithinized.



# 16 Simple Ways To Add Turmeric Into Your Diet

Don't be overwhelmed! There are numerous ways to add turmeric into your everyday routine.

- Add a dash to soups
- Mix it with rice
- Try it with roasted potatoes
- Add it to a smoothie
- Include it in your bone broth
- Add a pinch to your eggs
- Sprinkle with sautéed onions
- Add it to roasted cauliflower



# 16 Simple Ways To Add Turmeric Into Your Diet cont'd...

Tip: start off small and gradually add more if needed. Too much turmeric can be overwhelming.

- **Mix it with lemon for a marinade**
- **Add it to tea**
- **Mix it with kale or spinach**
- **Add it to olive oil for a glaze**
- **Sprinkle it on an ear of corn**
- **Mix it in a bean salad**
- **Add it to your tofu dishes**
- **Try it with lentil soup or salad**





## How to Make Turmeric Tea

You can make a simple turmeric tea with just a few ingredients. This recipe is an easy way to add turmeric into your diet.

### INGREDIENTS

- 1 Cup Water or Almond Milk
- 1 Teaspoon Turmeric
- 1 Teaspoon Cinnamon
- 1 Tablespoon Honey
- 1/2 tsp of Black Pepper

### DIRECTIONS

Bring water or almond milk to a boil and simply add in the ingredients. Steep for 10-15 minutes.



## Turmeric Smoothie

Simply add all of the ingredients into the blender and blend for 30-45 seconds. Get creative and experiment!

### INGREDIENTS

- 1 Banana
- 1/2 Cup Blueberries
- 1 Cup Water or Almond Milk
- 1/2 Teaspoon Turmeric
- 1 & 1/2 Teaspoon Honey
- 1 Tablespoon Coconut Oil



## How to Make Turmeric Rice

Heat oil in a saucepan with diced onions for about 5 minutes on medium heat. Add the turmeric, garlic and bell peppers for another few minutes. Add water and rice. Reduce heat to low and simmer for 30-45 minutes.

### INGREDIENTS

- 1 Cup Basmati Rice
- 2 Tbsp Olive Oil
- 1/2 Bell Pepper
- 1 Teaspoon Sea Salt
- 1 Teaspoon Turmeric
- 1/2 Cup Diced Onions
- 2 cloves grated garlic
- 2 1/2 Cups Water



# Using Turmeric on Your Body

There are a variety of ways you can use turmeric for cleansing and rejuvenation of the skin and body.

- As a facial cleanser
- Use it to brighten your teeth
- Customized foundation
- Add life to your soap
- Scalp scrub to deter dandruff
- Natural dye for easter eggs
- Reduce pain from a strain
- Use it to fight acne



# Turmeric for Skin & Body

Turmeric can be used in a variety of ways for skincare. Follow these simple steps!

## Acne:

Mix turmeric powder with water. Apply facial mask for 20 minutes and rinse.

## Oily Skin

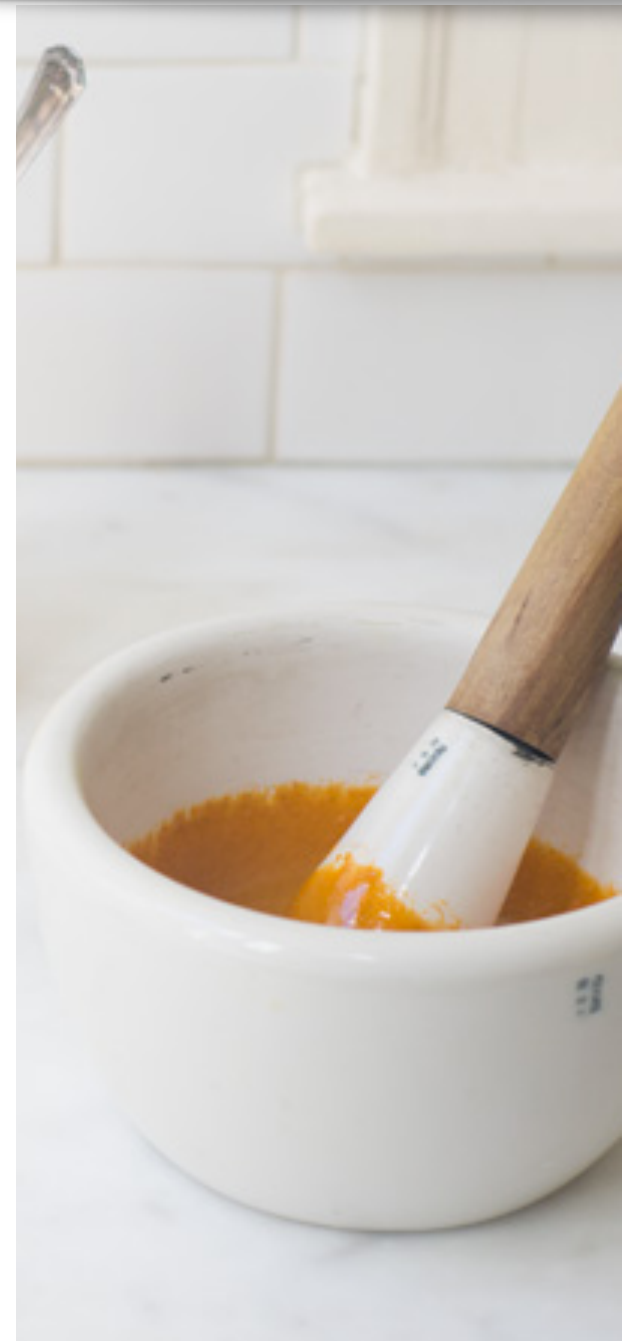
1 1/2 tbsp of sandalwood powder, a pinch of turmeric & 3 tbsp orange juice. Apply for 15 minutes.

## Aging

Mix equal portions of turmeric and besam with water. Apply evenly to face. Let dry. Rinse off and scrub with water.

## Soothe Burns

Mix turmeric with equal parts aloe vera gel and apply to burned or irritated area.



## Turmeric for Skin & Body cont'd...

Turmeric can be used in a variety of ways for skincare. Follow these simple steps!

### **Dandruff**

Mix turmeric with oil of choice (olive, coconut, jojoba) and massage into scalp. Leave for 15 minutes and shampoo/rinse as usual.

### **Teeth Whitening**

Simply mix turmeric with water and brush on teeth. You can also sprinkle turmeric on your toothpaste before brushing.

### **Makeup Foundation**

Sprinkle turmeric with your favorite moisturizer to boost your skin glow and create a foundation.

### **Enliven Your Soap**

Add a few tsp's to your homemade soap.



# Turmeric Health Research

Turmeric is the most widely researched natural substance with over 15,000 studies published to date. These articles provide some of the most compelling research on it's healing ability.



## Turmeric articles from [greenmedinfo.com](http://greenmedinfo.com):

- [Turmeric Produces 'Remarkable' Recovery in Alzheimer's Patients](#)
- [Science Confirms Turmeric As Effective As 14 Drugs](#)
- [Turmeric Beats Ibuprofen for Arthritis of the Knee](#)
- [500 Reasons Turmeric May Be The World's Most Important Herb](#)
- [Could Turmeric Save Us From The CDC's 'Nightmare Bacteria'?](#)
- [Turmeric's Healing Power: A Physical Manifestation of Compassion?](#)

# Turmeric Video Resources

Enjoy these videos that explore how turmeric can heal disease, kill cancer, and revolutionize your health!

- [How Turmeric Blocks Cancer](#)
- [How Turmeric Kills Cancer Cells](#)
- [Turmeric Better Than Ibuprofen for Arthritis](#)
- [How to Make Detox Turmeric Tea](#)
- [How Turmeric Stops Rheumatoid Arthritis](#)
- [The Turmeric Drink that Can Revolutionize Your Health](#)
- [Turmeric Its Top 3 Healthy Benefits and How to Use it Daily!](#)

